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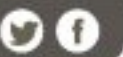
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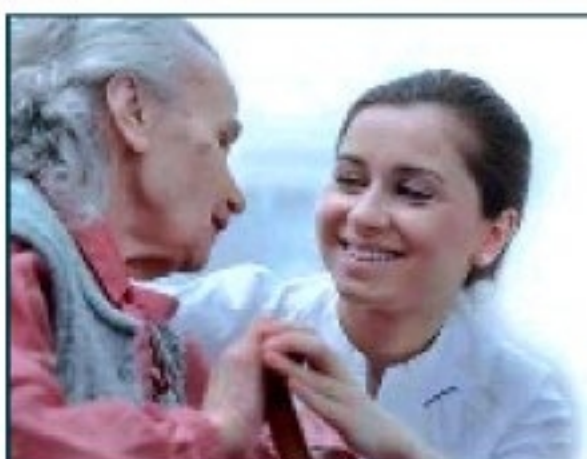
HALIFAX HEROES

WORK HARD, DREAM BIG

Paige Farah is
helping marginalized
communities
get things done
metroNEWS



JEFF HARPER/METRO



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Day of action calls for kindness over violence

COMMUNITY

Quentrel Provo says recent shootings led to June event



Jeremy Mutton
For Metro | Halifax

Quentrel Provo's anti-violence message is spreading, and even the Premier is listening.

Provo met with Premier Stephen McNeil, and June 10 will be a day of action for ending violence across the province.

A proclamation announcing the day will be read in the Nova Scotia Legislature on June 8 and two days later people will be asked to wear red and do an act of kindness.

This is the culmination of weeks of campaigning by Provo, founder of Stop the



Stephen McNeil
THE CANADIAN PRESS

Violence Spread the Love, CeaseFire Halifax and hundreds of community members.

"It's been amazing. Everyone wants to spread the message now," he said.

In the three weeks since a series of deadly shootings claimed the lives of Daverico Downey, Naricho Clayton and Tyler Richards over a six-day period, rallies brought hundreds to the street marching against the violence and community members began talking about how to move forward.

"There's a lot of work going on behind the scenes," said Provo, who was a friend of Richards.

"Things have calmed down a bit and that's why we're trying not to let go."

Provo has been meeting with people from all walks of life, united in ending the cycle of violence. He met with the mayor, chief of police, business owners, education minister, and McNeil.

"I've been as busy as I've ever been," Provo said.

He founded Stop the Violence in 2012 after another fatal shooting claimed a friend.

Provo said he's optimistic after being able to engage young people speaking at Auburn Drive High School in Cole Harbour. He's building relationships with the kids



Quentrel Provo poses for a photo last month sporting his red Stop the Violence sweater. To date there have been seven homicides in Halifax this year. JEFF HARPER/METRO

in the community, on the streets, and on the basketball courts, all in an effort to get the message to stick with the people whose voices are least heard.

"We can't have negative thinking. I know it's hard

not to, with everything that's happened. But we can only change our society, remove violence from our society, if we stay positive."

Provo said with a recognized day of action, the process is beginning.

"I'm trying to do things that bring people together."
Quentrel Provo

CRIME

Man tried to lure girl: Police



Philip Croucher
Metro | Halifax

Halifax police are investigating after they say a young girl was asked to go into the woods with a man in Clayton Park.

Police say around 7 p.m. Saturday, the suspect approached the 11-year-old in the area of a basketball court near Lacewood Drive and Clayton Park Drive.

"A man approached her and asked her to come into the woods with him," a police release stated. "The young girl ran to her mother who was nearby and they called the police."

Police say the man was walking a dog possibly named Lucy.

The man is described as five-foot-seven, small build, early 20s with short black hair. He was wearing a red shirt and jeans.

IN BRIEF

Police say a truck driven by a suspected impaired driver crashed into a power pole early Sunday morning causing it to catch on fire.

Halifax Regional Police say the collision happened on Cranberry Crescent in Dartmouth around 2 a.m.

Police said a utility pole was on fire when they arrived, while power was knocked out to nearby residents. Police later arrested a 27-year-old Dartmouth man for impaired driving. METRO



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HALIFAX HEROES Ordinary people doing extraordinary things

Helping communities dream big

SOCIAL SERVICE

People keep Paige Farah motivated



Yvette d'Entremont
Metro | Halifax

Paige Farah has a passion for helping marginalized communities dream big and get things done.

The 21-year-old was just 19 when she formed Progress in the Park. She's now executive director of Communities in Progress, which formed from that organization.

The intention of Farah's work is to empower the residents of public housing facilities like Mulgrave Park to work together to improve their communities.

In the past two-and-a-half years, Farah's efforts have led to the construction of an extensive community garden, an up-cycling bike program and several business mentorship programs.

Other community projects currently in the works include partnering with another organization to help provide bikes for Syrian refugees and a technology education program in its infancy at Highland Park Junior High.

The goal of the technology education initiative is to eventually pair young people with adults who want to improve their computer literacy.

Farah's involvement with Mulgrave Park began about two-and-a-half years ago after she met and was inspired by Elaine Williams of the Mulgrave Park Caring and Learning Centre.

Farah wanted to help with efforts to rebuild a local play-



An up-cycling bike program is one of Paige Farah's successful community projects. JEFF HARPER/METRO

ground that had been torn down. Her mind also raced after seeing open, unused green space that could be used for a community garden.

"(Elaine) explained that she was a little worried there weren't going to be many people following behind to pick up where (her work was) leaving off and to take on other initiatives," Farah recalled.

"She pulled out a piece of paper that had this list of these things that the community was interested in getting but didn't necessarily have the capacity or resources for... That caught my interest."

A student at the time, Farah submitted an eight-page project proposal to her university the next day. It was accepted and her multi-faceted collaborative

work with the community of Mulgrave Park began.

"I knew there would be so much more to come because there were just so many ideas I was getting from going door to door with people that I didn't want to just limit it to a garden or a playground project," Farah said. "I wanted to make sure it was broad and flexible."

Farah described her work as a "100 per cent volunteer gig" up until this past January when she started getting modest pay.

"For the first two years I was doing 40 hours plus most weeks, and I was also in uni-

+ DO YOU HAVE SOMEONE TO NOMINATE?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca (Metro Halifax's managing editor) or Tweet @metrohalifax using the hashtag #Halifaxheroes.

versity... The community, the people, it's really hard to walk away from once you've been welcomed into a community like Mulgrave Park," she said.

Farah's long-term vision is to continue building the infrastructure of her Communities

in Progress Association to help manage initiatives like Progress in the Park in other communities throughout the region.

"I learned so much from them so I really couldn't stay away even if I wanted to," she said.



It wasn't about me going in and helping anybody, but about me learning from people in the community. Paige Farah



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COW BAY CLASSICS MAKE A COMEBACK AT CAR SHOW Antique cars were front and centre in Cow Bay for the 13th Annual Classic Car Show on Sunday. Guests to the show could get up close and personal with classic American made models including a 1964 Dodge Polara, a 1955 Chevrolet, antique pickup trucks, a Cadillac, motorcycles, and even a few British cars such as the Minor 1000. JEFF HARPER/METRO

Comic book artist dies

IN MEMORIAM

Darwyn Cooke, 53, had been battling cancer

A Canadian called one of the "true innovators" in the world of comic books and animation has died. Darwyn Cooke was 53.

A statement from Cooke's family says he died Saturday morning in his Florida home after a battle with cancer.

Cooke was born in Toronto and lived in Nova Scotia for many years.

He published his first comic book work in 1985 but economic realities forced him to make a living working for Canadian magazines as an art director and graphic designer.

Cooke didn't give up and in the 90's got involved in animation, working for Warner Bros. and contributing to shows such as Batman: The Animated Series, Superman: The Animated Series and Men In Black: The Series.

He came back to comic books in 2000 when approached by DC

Comics where he redesign Catwoman and worked on a variety of other projects.

DC Comics has issued a statement saying Cooke's vision was unique and embraced by everyone.

"Once you saw his timeless designs and concepts for Batman, Catwoman, Superman, Wonder Woman, Green Lantern or any other character, you immediately adopted his jubilant interpretation of these heroes as your own and wanted more," the statement said.

THE CANADIAN PRESS



Darwyn Cooke. HANDOUT

GANNET ROCK

Group hopes to bring back bird

The Nova Scotia Nature Trust is hoping to bring gannet back to a small Bay of Fundy island named for the seabird.

The conservation organization says it has added Gannet Rock to the network of bird habitats it protects after purchasing it for less than \$1000 at a tax sale.

"This one actually was a little bit unusual in that it was the local people who've been really passionate about the birds," executive director Bonnie Sutherland said in a phone interview Sunday.

"Volunteers have been really trying hard to bring back the gannet... I think they have renewed hope."

Gannet Rock is a remote island off the southern tip of Nova Scotia, roughly 20 kilometres south of Yarmouth.

Sutherland says that while the barren island may not seem like an ecological gem, it is a critical stop for migrating

birds along the Atlantic coast.

Earlier this month, the Nature Trust teamed up with the Nova Scotia Bird Society to ensure the nearby Bald Islands are protected.

Sutherland says the organization plans to use the land

All through their range, they're facing increasing threats.

Bonnie Sutherland

to research migration patterns, protect nesting habitats and restore historic populations, such as the Northern Gannet.

"There are so few opportunities for these birds," Sutherland said. "All through their range, they're facing increasing threats."

Until the 1880s, Gannet Rock was a breeding site for the white birds with spear-like bills and spiky tails, with as many as 150 nests on its cliffs.

But the gannets were decimated after their eggs were collected for food.

The Nature Trust is now hoping to entice gannets to nest once again on the island, which is also frequented by birds such as black guillemots, Arctic tern, common eider, great cormorants and the American black duck.

Seabird populations are in rapid decline, Sutherland says, but she maintains hope they will be restored.

She says it's wonderful that Nova Scotians are starting to take action themselves.

"With all these islands ... it's passionate birders who stepped forward and said, 'Here's a real opportunity'," she said.

THE CANADIAN PRESS

IN BRIEF

Judge reserves decision on bail for teenager

A teenage boy accused of conspiracy to commit murder after guns were found near a Sackville high school appeared in court Friday for a

bail hearing. But Judge Patrick Curran reserved his decision on bail until May 24.

The teen and a 15-year-old boy are facing several charges related to the seizure of the guns and ammunition,

but were recently both also charged with conspiracy to commit murder in connection with an incident at Millwood High School in Middle Sackville in April.

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RESCUE

Veterinarian gives squirrel an assist

Squirrels sometimes get themselves in the strangest of predicaments.

Veterinarian Dr. Bonnie Harrison got a surprise when she dropped her child off at her Springhill babysitter. A neighbour came over with a squirrel whose head got stuck in the neck of a plastic bottle.

"It wasn't very happy being stuck in there," Harrison said. "The neighbour brought it across to me and it looked like he was trying his best to get his head out but it had become swollen and he couldn't get it out. He was squirming pretty good."

Harrison took the squirrel to the Amherst Veterinary Clinic, where it was sedated to allow her to safely remove the squirrel from the bottle.

The veterinarian is unsure how the squirrel ended up in the bottle, saying it could have been used as a birdfeeder or it could've entered the bottle out of curiosity. Getting in was much easier than getting out.

"We masked him down and

once we got him asleep there was enough room to cut the bottle from around him," Harrison said.

Once extricated from his predicament, the squirrel was placed in a recovery cage and fed some peanuts before Harrison took it back to Springhill and its woodpile.

Harrison said she has seen cats and dogs get themselves stuck in strange situations and she has even had to free a lizard from an obstacle in an aquarium. This was the first squirrel escape she's had to do. TC MEDIA



Dr. Bonnie Harrison rescued a squirrel that had gotten stuck in a plastic bottle Friday. CONTRIBUTED

LABOUR

New NSGEU leader vows to take on Grits

The Nova Scotia Government and General Employees Union has elected a Sydney correctional officer as its new president.

Jason MacLean took over as leader on Saturday at a union convention. His predecessor Joan Jessome announced late last year that she would step

down after 17 years on the job.

MacLean promised to take on the province's Liberal government, saying they will "feel the pain" they have inflicted on working people.

The union represents more than 31,000 employees who work in the public sector.

THE CANADIAN PRESS



Rona Ambrose says the Conservative Party will continue to represent the interests of the Maritimes in opposition, even though they were swept out of all 32 of that region's seats in the last federal election. THE CANADIAN PRESS

Tories promise to fight for Maritimes

POLITICS

Ambrose says party heard the message from Atlantic Canada

Rona Ambrose says her party has gotten the message loud and clear from Atlantic Canadians.

The interim leader of the federal Conservative Party visited the Maritimes Friday and Saturday, stopping in Fredericton and Woodstock, N.B. as well as Truro.

"We want to earn back the trust of Atlantic Canadians and Maritimers, we've heard their

message loud and clear," Ambrose said during a brief stop in Amherst on Saturday afternoon. "We want them to know that, even though we are in opposition, we are here for them and we will fight for the things that matter to them."

Conservatives were shut out in Atlantic Canada in last October's federal election with all 32 seats in the region going to the Justin Trudeau Liberals, including Cumberland-Colchester that was claimed by former Conservative and Independent MP Bill Casey.

Ambrose said the party began rebuilding the day of the election and will continue through next May's national leadership

"We represent all Canadians no matter where they live."

Rona Ambrose

vote to the next federal vote, probably in 2019. In Atlantic Canada, that includes putting a strong group of candidates together and showing itself as the best alternative.

She said Atlantic Canada has many hard-working and dedi-

cated people and small business owners who are doing their utmost to make a difference in their communities. She said the values they have are Conservative values.

"Yes, we have no MPs here, but we have a lot of Conservatives who are working for us and we are the opposition. We represent all Canadians no matter where they live," said Ambrose.

Six months after the federal election, Ambrose said the Trudeau Liberals are acting as Liberals traditionally do. She said the government is again acting as it's entitled by raising taxes and spending a lot of taxpayer money. TC MEDIA

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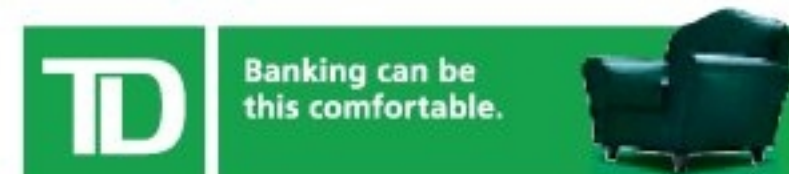
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Halifax in top form for tall ships

CELEBRATIONS

Trans-Atlantic event will help mark Canada's 150th birthday next year

Canada's sailing past will be evoked in the summer of 2017 as a fleet of tall ships plies the waters of Halifax for the final leg of a trans-Atlantic race that marks the 150th anniversary of Confederation.

Douglas Prothero, chairman of Sail Training International, announced Friday that Halifax would be the site of the final portion of a 13,000-kilometre race around the Atlantic basin for the sailing vessels.

The race's website for Rendezvous 2017 describes an epic voyage that begins in Royal Greenwich, England and sails south to Sines, Portugal, before crossing the ocean to Bermuda and then heading north to Boston and then on to Quebec City and the Great Lakes.



Premier Stephen McNeil announces that Halifax will be a 2017 Tall Ships Regatta venue coinciding with the province's Canada 150 celebration. DARREN CALABRESE/THE CANADIAN PRESS

Prothero said the ships were eager to include the Nova Scotia capital, where tens of thousands of people

“The parade of sail is fully evocative of what the harbour would have looked ... like. Lois Yorke

have a history of gathering to observe sailpasts and tourists flock to ogle vessels.

“It's official. The race back to Europe, the last leg of this very important event marking Canada 150, will begin here,” said the tall ships official.

The race ends in Le Havre, France, after portions of the fleet break off and visit other ports — yet to be announced — around the East Coast.

Lois Yorke, the Nova Scotia provincial archivist, said in an interview that a sailpast of over a dozen sailing vessels — from schooners to square-masted vessels — will help Canadians remember an important era of their history.

In 1867, the harbour was teeming with all varieties of sailing vessels, she said.

“It's hard for us to imagine it today,” she said.

“The parade of sail is fully evocative of what the harbour would have looked and almost felt like. All that canvas, all those spars, all that deck equipment, everything wood.”

THE CANADIAN PRESS

+ BLUENOSE II

Ports get funding boost

Premier Stephen McNeil announced the province would provide \$1.5 million to help various ports host visits from similar ships. He also said the Bluenose II is expected to attend despite its recent troubles.

The province's sailing ambassador has had technical problems that have plagued its rebuild, and caused a four-year delay.

A fresh study released in March said without a replacement of the current rudder, the weight of the existing system would change the shape of the vessel and shorten its life span.

Transport Department spokesman Brian Taylor said in an email that the goal is to have the work done before the 2017 sailing season.

“We are waiting for options for a new rudder stemming from the steering review. Any work will be done outside the sailing season, with the goal of being completed by 2017,” he wrote. “We expect the design options to be ready for considerations in the coming month or so.”



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TATAMAGOUCHE

Robbery being investigated

Police are investigating the robbery of a legion in Nova Scotia.

The RCMP say around 1 p.m. Friday a man walked into the Royal Canadian Legion Branch 64 in Tatamagouche and demanded the

bartender hand over the money in the safe.

He also told the bartender to get down on the floor and not look around, a police release stated.

The bartender complied and the suspect left with

an undisclosed amount of money.

No one was hurt.

METRO

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Wear Fort Mac on your heart

JEWELRY

Designer sells necklace inspired by fire-torn city



Ryan Tumilty
Metro | Edmonton

For the people displaced from the Fort McMurray fire, their heart remains in their community. Now, an Edmonton jewelry designer is giving them an opportunity to show it.

Kristine MacDonald, who has sold copper jewelry through her website for several years, is now selling a piece with an outline of the province of Alberta and a heart over Fort McMurray.

MacDonald said it's a symbol for all the people who have had to leave their homes, because of the horrific fire.

"It's something that they can wear that is a reminder of home and symbol of the pride they have in their city,"



PM Justin Trudeau, left, and Fire Chief Darby Allen look over the devastation in Fort McMurray, Alta., on Friday. THE CANADIAN PRESS

she said.

She posted the necklace on her website on Thursday and had to take it down on Friday afternoon, because she couldn't keep up with the demand. She plans to post it for sale again on Monday.

"I make them to order, so it just became way more than

I can actually do."

Fort McMurray remains evacuated as workers move to restore utilities and put out remaining hot spots in the city. MacDonald said while most of the billing addresses are from Fort McMurray, the necklace is being shipped to evacuees all over the country.

"The shipping addresses have been all over Canada, mostly to the east coast."

MacDonald gave \$5 from every one of the initial purchases to the Red Cross and any further sales will have the same amount donated to the Alberta SPCA and the Edmonton Food Bank.



The necklace with a heart over Fort McMurray. METRO

FORT MCMURRAY

App allows viewing of damage

The Alberta government has released an app that will give Fort McMurray residents a good look at their properties.

A message from Municipal Affairs Minister Danielle Larivee warns that viewing the satellite images may be traumatic, and the number for Alberta's Mental Health Help Line is included in her news release.

Larivee says the maps are intended to provide a high-level satellite overview of the status of the city following the devastating wildfires, however, she cautions that structures that appear to be standing should not be considered undamaged.

Anyone wanting to view the satellite images must first click on a link acknowledging that they have read and understand the terms of use agreement on the government website.

Larivee says that having been through a devastating fire and evacuation herself five years ago in Slave Lake, she knows how stressful it can be to wait for updates on which homes have been lost.

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New Democrats to name leader in 2017

POLITICS

Party opts for extended race for new boss

The federal NDP has opted for an extended leadership race to replace Tom Mulcair, as it looks to name a new leader between September and October of 2017.

The decision comes after around 100 New Democrats from across Canada gathered at an Ottawa hotel Sunday to carve out the terms for the race, a process launched after Mulcair was flatly rejected as the party's long-term leader at a convention in Edmonton last month.

The NDP's national director, Karl Belanger, said members of the party's governing body agreed on Sunday that more time is needed to assess where the party is at and to allow for potential candidates to organize and set up campaigns.

"Councillors felt that by providing that longer window it would provide better opportunities for outreach and fundraising and for the party in general," Belanger said.

In order to run, hopefuls will be required to provide a registration fee of \$30,000 while the spending cap has been set at \$1.5 million.

The nomination period will begin in July.

"Council has given potential candidates a time frame that will allow for a fair and competitive race, while giving enough time for the new leader to prepare for the general election," said NDP president Marit Stiles.

A precise date for a leadership vote was not set.

Some New Democrats who have opened the door to a possible leadership bid include B.C. MP Nathan Cullen, Manitoba MP Niki Ashton and Quebec MPs Ruth Ellen Brosseau and Alexandre Boulerice.

THE CANADIAN PRESS



Tom Mulcair

The federal NDP has opted for an extended leadership race to replace Tom Mulcair. THE CANADIAN PRESS FILE

PARACHUTING ACCIDENT

Skydiver brightened rooms, friends say



Jeremy Simes
For Metro | Calgary

Kristin Czyz loved the big sky, sushi and a good glass of wine, according to close friends.

On Friday evening, the 34-year-old Canadian died when her parachute failed after jumping off Perrine Bridge in Twin Falls, Idaho.

Sunday, Czyz's close friends remembered the ambitious woman who was full of energy.

Dave Withrow, manager of Skydive Big Sky in Innisdail, said he remembered harnessing Czyz up for her first skydive.

He said Czyz later became an instructor at Big Sky — with more than 1,000 skydives under her belt — and made trips around the world to feel the thrill.

"She was one of those types of people that when she walked in the room she made other people smile," Withrow said. "Just by being there."

Czyz was relatively new to BASE jumping, Withrow said, adding she may have only done about 40 jumps.



Kristin Czyz CONTRIBUTED

In fact, he said Czyz did her first jump at the Perrine Bridge because BASE jumpers can train at the site.

"BASE jumping was a recent thing for her," he said. "But skydivers tend to celebrate life, not dwell on the loss: think about the good things instead of bad parts."

He said her friends will do a skydive together in memory of her next week.

"I've never seen someone so happy and excited every time she was going out to do what she loved," said friend Aaron Parrotto. "I'm not ready to say goodbye to this beautiful person."



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Thousands march in Spain to mark Occupy anniversary

POLITICS

Movement in 2011 spread from Madrid across world

Thousands of Spaniards marched in downtown Madrid to mark the fifth anniversary of a protest movement that led to the creation of Podemos, now Spain's third most-popular political party.

The Democracy Now platform had urged people to "occupy squares in all the world's cities on Sunday" to protest austerity, corruption, high unemployment and a lack of transparency in government.

Madrid's Puerta del Sol square became the scene of a protest that lasted 28 days in 2011, sparking a movement that spread across Spain and similar "Occupy" sit-ins in cities across the world.

The protests by those calling themselves "Indignados," or people angered by Spain's existing political parties, led to the emergence of Podemos, which will vie for power in a June 26 election.

In a bid to break the political deadlock that Spain has endured since an inconclusive December vote resulted in no parties able to form a government, Podemos on Friday announced an alliance with the smaller United Left party under the name Unidos Podemos, which means "United



A demonstrator holds a placard reading "They bark, so we advance" during a demonstration marking the fifth anniversary of the "Indignados" (outrage) movement in Madrid, on Sunday. AFP/GETTY IMAGES

We Can."

Polls and analysts have said the alliance could get more votes and parliamentary seats than the centre-left Socialists.

Spain has been in a political stalemate, governed by a caretaker government with Popular Party leader Mariano Rajoy as prime minister since the Dec. 20 vote, when newcom-

ers Podemos and Ciudadanos upset the longstanding dominance of the Popular Party and Socialists who came second.

National students' union leader Ana Garcia, 29, who was at Puerta del Sol, said millions of ordinary people expressed their anger on May 15, 2011 and said "no to paying for Spain's financial crisis."

"We were not going to pay through cuts to our education, health care and human rights," Garcia said.

Organizers posted images late Sunday of well-attended marches in Barcelona, Bilbao and Malaga, as well as Paris — all re-enacting the events of five years ago.

Speaking at a political event

in northeastern Barcelona, Interior Minister Jorge Fernandez Diaz acknowledged that "those who once occupied Sol" had ushered in a new era with fresh faces elected to parliament, but emphasized that change needed to be achieved by democratic elections and not through blocking streets.

THE ASSOCIATED PRESS

YEMEN

Suicide bomber kills 25

A suicide bomber on Sunday detonated his explosives among police standing in line outside a police base in the southern Yemeni city of Mukalla, killing 25, security and health officials said. At least 17 more people were injured in the attack and the officials said the death toll was likely to rise further.

The Yemeni affiliate of the Daesh group claimed responsibility for the attack in a statement posted on social media networks by Daesh sympathizers.

Sunday's victims were policemen returning to work for the first time since last month's recapture of Mukalla by forces loyal to the internationally-recognized government. The port city had been held for more than a year by Yemen's local al-Qaida affiliate.

The victims also included young men applying for jobs with the city's local police, according to the officials, who spoke on condition of anonymity because they were not authorized to speak to the media.

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CORRECTION NOTICE

The 2017 Hyundai Santa Fe Sport 2.4L FWD offer as advertised in the [Halifax Metro on May 13th](#) is incorrect. The description mistakenly stated that it included 5" touch-screen display with Android Auto™. The 2017 Hyundai Santa Fe Sport 2.4L FWD includes 5" touch-screen display, but does not include Android Auto™. We apologize for any inconvenience.

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IRAQ

Daesh attacks kill 29

Daesh launched a co-ordinated assault on a natural gas plant north of Baghdad that killed at least 14 people, while a string of other bomb attacks in or close to the capital killed 15 others, Iraqi officials said.

The attack on the gas plant started at dawn with a suicide car bomber hitting the facility's main gate in the town of Taji, about 20 kilometres north of Baghdad. Then several suicide bombers and militants broke into the plant and clashed with the security forces, an official said, adding that 27 troops were wounded.

The Daesh-affiliated Amaq news agency credited a group of "Caliphate soldiers" for the attack.

In a statement, Deputy Oil Minister Hamid Younis said firefighters managed to control and extinguish a fire caused by the explosions. Younis said technicians were examining the damage.

A car bomb targeting a shopping area in the town of Latifiyah, about 30 kilometres south of the capital, killed seven people, including two soldiers, police and hospital officials said. They said that 18 people were also wounded in the attack, four of whom were soldiers.

Elsewhere in Baghdad, three separate bomb attacks targeted commercial areas, killing at least eight civilians and wounding 28 others, police added.

Medical officials confirmed the casualty figures. All officials spoke on condition of anonymity as they were not authorized to release information.

The Sunday attacks killed 29 people across Iraq. Since Wednesday, more than 140 people have been killed in a spate of bombings in Baghdad and elsewhere.

THE ASSOCIATED PRESS

Online service helps Germans make friends with newcomers

BERLIN

Let's integrate! helps refugees and locals meet and talk

During the height of the migrant crisis in Europe last fall, Lasse Landt came to a startling realization.

Thousands of migrants were pouring into Germany every day, but the 36-year-old startup consultant from Berlin hadn't met a single one of them.

"It was all over the media, every day on the talk shows you had people talking about the refugee crisis. I had never seen a refugee," said Landt. "I just

wanted to find out if it was real."

His experience is typical for most Germans, and many have volunteered with charitable groups in part to meet the migrants they're hearing so much about. But Landt went further — and the result is a kind of dating website for Germans and migrants, albeit without the romantic aspect.

Together with Khaled Alaswad, a 25-year-old Syrian he met at a computer coding class for migrants in Berlin, Landt started a project to help refugees and locals meet up. Called Let's integrate!, it allows users to pick a time and location and set up a "date."

The idea is to set as low a hurdle as possible for the meeting. No preparation is needed



When you meet, you realize that they are people like us and there is no need to be worried. Paul Spieker

— people just need to show up and hopefully have a good conversation. Or if the language barrier is too high, have a conversation with hand signals.

Alaswad said his friendship with Landt has helped him land on his feet in Germany.

"If the refugees never talk face to face with a local person, they will never know anything about the culture here," he said.

Germany registered around 1.1 million irregular migrants in 2015, most of them refugees from Syria, Iraq and Afghanistan. But with the closure of the Balkans migration route

from Greece to Germany, the number of migrants coming in has dropped dramatically this year.

The authorities are focusing on having migrants learn the language and get jobs. The German government has promised to introduce subsidized workplaces earmarked for refugees.

"In Germany, we have a very technocratic view of integration," said Landt. "It is basically, you do a language class, you get a job and then you are integrated. But really, it is very much about social contact."

Let's integrate! was launched

May 1 and so far at least a dozen meetings have taken place. More Germans have signed up than migrants, so organizers are putting up posters in refugee homes to try to even out the numbers.

One of the first meetings was between two Syrians and two Germans. Abdul Wahab, an 18-year-old Syrian, said he simply did an Internet search for "Integration Germany" and found the page. Ahmed Haj Ali, a 23-year-old refugee from Damascus, found the website on Facebook. Haj Ali and Wahab met with Cindy and Paul Spieker, two siblings from Berlin.

"When you meet, you realize that they are people like us and there is no need to be worried," said Paul Spieker.

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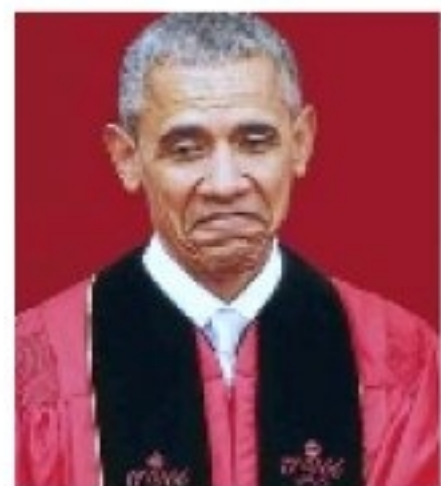
Cindy Spieker, Ahmed Haj Ali, Paul Spieker and Abdul Wahab, from left, get together in Berlin, Germany. The group met through a website called Let's integrate! that connects refugees and locals. JONA KALLGREN/THE ASSOCIATED PRESS



Cindy Spieker and Ahmed Haj Ali make an L and I sign for 'Let's Integrate.' JONA KALLGREN/THE ASSOCIATED PRESS

RUTGERS UNIVERSITY

Obama tells graduates walls won't solve problems



U.S. Obama received an honorary doctorate of laws at Rutgers University.

MUNOZ ALVAREZ/GETTY IMAGES

President Barack Obama on Sunday urged college graduates to shun those who want to confront a rapidly changing world by building walls around the United States or by embracing ignorance, as he delivered a sharp and barely concealed critique of Donald Trump.

Obama used his commencement speech at Rutgers University to illustrate a world view antithetical to the ideas espoused by the presumptive Republican presidential nominee.

Looking out at a sea of red and black gowns, Obama told

the roughly 12,000 graduating students that the pace of change on the planet is accelerating, not subsiding, and that recent history had proved that the toughest challenges cannot be solved in isolation.

"A wall won't stop that," Obama said, bringing to mind Trump's call for building a border wall between the U.S. and Mexico. "The point is, to help ourselves, we've got to help others — not pull up the drawbridge and try to keep the world out."

The president never mentioned Trump by name, but his

intended target seemed clear. Repeatedly, Obama referred to disparaging comments about Muslims and immigrants, and opposition to free trade deals. But he appeared most incensed by what he described as a rejection of facts, science and intellectualism that he said was pervading politics.

"In politics and in life, ignorance is not a virtue," Obama said. "It's not cool to not know what you're talking about. That's not keeping it real or telling it like it is. That's not challenging political correctness. That's just not knowing

what you're talking about," the president said.

Obama's rebuke came as Trump is close to clinching the GOP nomination, raising the prospect that November's election could portend a reversal of Obama's policies and approach to governing. In recent days, Trump has started focusing on the general election while working to unite a fractured Republican Party around his candidacy. Democrats are readying for a fight against a reality TV host they never anticipated would make it this far. THE ASSOCIATED PRESS

IN BRIEF

Egypt sentences 152 protesters to jail

Egyptian courts have in a single day convicted 152 protesters for breaking a law that bans demonstrations, sentencing them to up to five years in prison in a series of short mass trials. The cases are rooted in events on April 25, when police stifled planned demonstrations. Police arrested more than 1,200 people, but released most of them without charge. However, nearly 300 were referred to trial for breaking the law. THE ASSOCIATED PRESS



Staff at the Amazon Swansea fulfilment centre process orders. GETTY IMAGES

A return too many

RETAIL

Refusing too many items can land customers in hot water

This is how it starts.

You love shopping online. You're not always super-careful about how many items you return because you believe in the no-hassle returns promise made by the retailer.

So you buy that camera to test it out. Some of the features are buggy, and you send it back. You buy a blazer in three different sizes but none of them fit right, so you return them all. You take a chance on that electronic device that is ridiculously cheap and it turns out to be junk. You send that back, too.

But buyer beware, a high rate of returned items can lead to a retailer banning customers, including online giants like Amazon.

Stories of being banned from Amazon populate the web.

Lucas Bean, 40, a California entrepreneur who describes himself as an Amazon fanboy, is one person who ran afoul of Amazon's return policy.

"I was basically an Amazon-brand ambassador," says Bean, who was an early adopter of

online shopping.

He says his problems began in 2015, after he moved and Amazon continued to deliver parcels to his former address. He bought a video camera (from Amazon) to prove that deliveries weren't being made to his new home.

He refused to accept delivery of a damaged television. He returned a Samsung bluetooth headset because he thought it was counterfeit. But he also admits to returning some things that weren't worth returning.

"I've returned quite a few items that were poor quality," says Bean. "But I have the right to return something that is broken."

Returns create multiple costs for retailers. Some pay for return postage, and even if they don't, restocking items costs money. If items are sold out of season, they have to be sold at a reduced price, or sold in bulk to a re-seller, liquidator or jobber, or at an affiliated clearance warehouse.

The items show up at flea markets, dingy or worn-looking or without a box, and some brands would rather trash their returned goods than have that happen.

Last year, \$290 billion of sales were returned in the United

States and Canada, according to statistics from The Retail Equation, a firm that provides return-optimization services to retailers.

Eight per cent of purchases from brick-and-mortar retail sales are returned. But up to 30 per cent of e-commerce exchanges involve a returned item.

An estimated 10 per cent of returns are thought to be either fraudulent or a misrepresentation of the facts — a fake receipt or someone returning something bought a year ago instead of yesterday, says Stephen O'Keefe, a loss prevention specialist with the Retail Council of Canada.

What many people don't know is that such scams could result in criminal charges. "If you buy a new television and put the old one into the box and try to return it, that's a fraud," says O'Keefe.

Some retailers are prepared to incur the high cost of returns if it means leading the field in customer relationships, positive reviews and word-of-mouth advertising.

"If you order two, they know you're going to be sending one back," says O'Keefe. "They know that and they accept that."

TORSTAR NEWS SERVICE



I have the right to return something that is broken.

Lucas Bean

ANIMAL WELFARE

Beef industry makes changes

When Ben Campbell heard Earls was switching to Certified Humane beef from the U.S., he had a different reaction than many Alberta ranchers.

The 32-year-old raises grass-fed cattle without added hormones at his ranch in Black Diamond, about 60 kilometres southwest of Calgary. He sells directly to customers, often inviting them to visit the rolling hills where his animals graze.

To Campbell, Earls' decision

was a response to a trend he had seen firsthand: growing consumer demand for ethical meat. And though Earls backtracked after a social media slaughtering, Campbell said the beef industry can learn from the controversy.

Alberta ranchers say Canada is a leader in animal welfare standards. But companies like Earls and McDonald's are increasingly finding that customers, especially millen-

nials, want proof that meat was raised humanely — forcing the industry to embrace certification programs it once resisted.

Certified Humane is a U.S.-based trademark with standards enforced through annual inspections. Some Canadian ranches have the designation, but when Earls couldn't find enough supply in Canada, it switched to buying exclusively in the United States.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

At my local convenience store, I was told the law says when a customer has more than five lottery tickets, other customers must be helped first. I've never heard of such a law. And there was no sign letting people know about it. What should I have done?

Dear Ellen,

I recently checked my lottery tickets at a Mac's convenience store. I had less than 10 tickets and was the only customer when I handed them over to the employee at the till. But when another customer came in, she put my tickets aside to help him. As more customers came in, another employee showed up and checked my tickets. I asked why I was made to wait since I was first at the till. They told me there is a law (or bylaw) that says when a customer has more than five tickets, they have to help other customers first. Does this law (or bylaw) really exist? Probably they were right and I don't want to get mad at them. But I have never seen a sign letting customers know about such a law (or bylaw).

Regards,
M.M.F.

Dear M.M.F.,

You certainly don't need any etiquette advice. It sounds as if you handled the situation perfectly. You were told to wait, you politely waited and, when you asked why you were made to wait, you graciously accepted their explanation.

Which, by the way, is utter hogwash.

I'm not sure what city you're writing from, but (after a quick Google search and accessing my own common-sense circuits) I'll bet you 10 winning lottery tickets that no such law or bylaw exists there

I'll bet you 10 winning lottery tickets that no such law exists anywhere in Canada.



© Ani Castillo

or anywhere else in Canada.

Nor would such a law make sense. The store is profiting on its sale of lottery tickets, and part of the service included in the sale is to check the tickets. Value judgments about the commodity being sold do not legally apply. The customer who shows up to buy milk is not entitled to better service than a customer who buys lottery tickets.

Individual stores, such as Mac's, might have a private-company policy that customers with multiple lottery tickets must wait while other customers are served first. But if your convenience store has this policy, you are right to expect the rule to be made clear

on a sign near the till.

In an effort to be as gracious as you, I will concede the possibility that the employees you dealt with were not malicious liars or rude, incompetent dimwits. It's possible the store has such a policy, but management didn't bother to put up a sign. It's possible the store has such a policy, but the employees were confused about the difference between the words "policy" and "law" or "bylaw." It's possible that once upon a time there really was a giant, crystal-clear sign near the till, but it blew away in a mysterious gust of wind one dark night when a comic book superhero dropped by to pick

up milk, because of the laws and bylaws that require special effects whenever a lead character enters a scene.

In any case, dear M.M.F., I commend you on your excellent manners, and suggest that you write to Mac's management directly. Describe what happened, ask about store policy around checking multiple tickets, and — if the policy exists — suggest they make sure a sign is in place instead of allowing employees to intimidate loyal customers such as yourself with tales of imaginary laws.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Keeping women from the priesthood is keeping us from power

It is odd, the things you do and do not discuss with your mother.

I'm a faithful child of a devout Catholic (the long delayed delivery of an annotated Bible has caused her melancholy lately), and an avowed feminist, but I can't recall ever debating the maleness of the Church with my mom.

Most Sundays of my childhood and many since, after listening to yet another man preach, we never turned to each other and said: "So, what do you think about that?"

I know what I think. I think it's bulls-t. I think God created Adam in human form, and the maleness was not the point, though highly convenient for such a patriarchal time. (Jesus' sex is a main reason given for the men-only priesthood.)

Other arguments to keep women out of the clergy are laughable. Take Rev. Wojciech Giertych, Pope Benedict XVI's theologian, who told the Catholic Register in 2013 that men are "more likely to think of God in terms of philosophical definitions and logical syllogisms" — i.e., more likely to use reason. Oh, and men also think in a "male way" about "the building of the church, about the roof of the church which is leaking, about the bishop's conferences." Right.

It's not just the priesthood, the key mechanism of power, which is kept from women. We are also excluded from

other ministries.

Last week Pope Francis, our slow moving source of hope, vowed to strike a commission to study whether women can be deacons — ordained ministers who can conduct marriages, funerals and prayers, but not mass.

Women were deacons in the early church, and it's something Quebec archbishop Paul-André Durocher had advocated as a way to increase roles for women.

To quote my mother, the move would be "baby steps." But to quote her again, "The Pope has a lot on the go."

I called her yesterday to finally get her take on the justification that priests are men because the apostles were. "I have to admit I'm not persuaded," she said. "Women were the ones (Jesus) revealed himself to at the tomb," after all.

A full 75 per cent of Canadian Catholics support the idea of women priests, never mind the lesser deacons. But we shouldn't hold our breath while theologians like Giertych hold sway. "The relationship of love, of attachment, the spousal relationship to Christ is easier for the woman," he said. "So women don't need the priesthood ... because their mission is so beautiful in the church anyway."

With women in the church, it seems it really does always come down to sexuality.

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NEW SERVICES

Experts worry Apple Pay and other tech will blow budgets

Technology is making buying things easier, but credit counsellors want you to remember that paying for them is still as difficult as ever.

Jeff Schwartz, executive director of Consolidated Credit Counseling Services of Canada, says the ease with which consumers can buy things these days could spell trouble for those who have difficulty controlling their spending.

"It is allowing many consumers to avoid the harsh reality of what is going on inside their bank account or even inside their wallet," he said.

With the expansion of Apple Pay this week, Canadians added yet another way to quickly pay for their purchases without even opening their wallets.

The addition of the big Canadian banks to the service adds to the already numerous ways shoppers have to pay for things quickly, including Interac Flash, MasterCard Tap & Go, Visa payWave, and American Contactless Payments.

Schwartz said the physical aspect of pulling out your wallet and taking the cash out to make a purchase is very different from using a phone.

"You really have to say that I am willing, ready and able and want to make this purchase,"



While a smartphone can help make it easier to spend money, it can also help track spending if you use a budgeting app. iStock

he said.

"There is a real mental link between you actually going in and making that purchase versus just whipping open your phone, throwing it on the scanner and you're done."

The plethora of new ways for people to more easily spend their hard-earned dollars comes amid concerns about household debt levels.

Statistics Canada has reported that for the fourth quarter of last year, the ratio of household debt to disposable income climbed to a new

peak of \$1.65 in debt for every dollar earned after taxes and other fees paid to government.

Credit counsellor Pamela George says the convenience of the new ways to pay for purchases can be problematic for some individuals.

"The problems happen where people are just putting it on a credit card and they don't have a clue where or how they're paying it," said George, who works at the Credit Counseling Society in Ottawa.

She recommends clients withdraw the cash they've al-

located in their budget and when it is spent, they're done.

"The problem starts when you don't track your spending and then you just keep swiping the card," she said.

But technology can also be used to help.

While a smartphone can help make it easier to spend money, it can also help track spending if you use a budgeting app.

Schwartz's says his agency offers a free app for Apple devices that allows users to keep a record of spending and download it to a spreadsheet.

WORKING

Former bank exec works for equality in C-suite

Jennifer Reynolds spent 15 years working in capital markets, but three years ago, she'd finally had enough of being the only woman at the table.

"It never occurred to me that in 2016, the boardrooms of this country would look the way they look," she said.



Reynolds (pictured left) moved on, and is now president of Women in

Capital Markets, an organization bent on making space for more women in that very place. Efforts to diversify financial institutions' workforces have reached the C-suite and executive offices. The push includes educating girls about the financial industry in high school, Reynolds says.

In Canada, more than 60 per cent of university graduates are women, but Statistics Canada found women are less likely to choose a science, technology, engineering and math program "regardless of mathematical ability."

Roman Dubczak, CIBC's head of global investment banking, says you have to see how many women are working in junior roles and extrapolate that into the future to figure out when we'll start seeing more female execs in Canadian banks. "It could be really, really soon."

TORSTAR NEWS SERVICE

"That is the upside to the technology. But the basis behind it is budgeting and understanding what money you have coming in, understanding what money you have going out and understanding what money you have potentially available," he said.

George recommends her clients simply stick to cash if they really want to control their spending.

"It is harder to break a \$20 bill for a \$3 cup of coffee than it is to just tap a card," she said.

THE CANADIAN PRESS



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'My purpose ... is to bring people comfort'

WHY I LIKE MY JOB

Khelie Mulligan, 42, PSW and Geriatric Activity Coordinator at Douglas Care, Victoria, BC

From a young age I volunteered as a personal care attendant. I was always interested in helping people with Alzheimer's disease. My grandfather was a doctor and seeing his own health decline as he aged motivated me to learn more about how I can help people living with dementia.

I attended Victoria Elder Care College to obtain certification as a personal support worker (PSW) and resident care attendant, before obtaining a diploma in geriatric activity coordination at Kwantlen Polytechnic University. My practicum in geriatric healthcare was at Douglas Care Trillium Communities, where I later obtained a full-time position as PSW and part-time role as activity coordinator for about 30 residents with advanced dementia.

My main job is to organize daily activities based on residents' needs and mental/physical states of being, including outdoor activities and birthday events. My purpose in career and in life is to bring people comfort — whether it's for a resident, friend or family member. This field can be very rewarding, but also challenging and emotional as it's difficult to lose people you care about. PSWs never stop working. But we love to have fun; we do a lot of laughing and singing with the residents ... Or I'll sing and they'll laugh.



HOW TO START

Most colleges across Canada offer relevant PSW programs, with the option of doing a placement in a retirement home, private home or clinical care setting to assist a range of clients with daily living activities and personal care requirements.

WHERE YOU CAN GO

In 2015, the number of Canadians aged 65 and up stood at approximately 5.8 million. By 2035, the same demographic is projected to reach 10.1 million. A current shortage of workers in this occupation means there's a wealth of opportunities. The replacement demand because of retirements also calls for more assistants specializing in other areas of medicine like neurology and geriatrics.

NEXT CAREER STEP

Having a least one year of steady experience aids in advancement. A PSW will find it easier to transition into roles of registered practical nurse or registered nurse with hands-on clinical care training, and some employers may encourage specialized training courses to improve knowledge.

THE BASICS: Personal Support Worker

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Median wage of personal support workers, according to PayScale.com. The average wage works out to be about **\$15.40** per hour. Some PSWs can earn up to **\$42,149** as they advance to positions in long-term care and disability support.

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- **Atlantic Fabrics:**
1 x \$100.00 gift card
- **Clearwater Lobster:**
1 x \$100.00 gift card
- **Bowlerama:**
1 x \$100.00 gift card
- **Atlantic Photo Supply:**
1 x \$100.00 gift card
- **Strada Health:**
1 x \$100.00 gift card to be used towards chiropractic, personal training, massage therapy, or physiotherapy
- **Royal Nova Scotia Tattoo:**
A family pack of tickets to the Royal Nova Scotia International Tattoo ARV: \$180.00
- **Lake City Wood Workers:**
1 x \$100 gift certificate
- **FYI Doctors:**
Women's RayBan Sunglasses, Case, cleaner, cloths, lens wipes, and coupon for 25% off prescription lenses. ARV: \$400.00
- **The Canadian Optical Warehouse:**
1 x \$100 gift certificate
- **Uptown Salon and Spa:**
1 x \$100 gift certificate
- **Charm Diamond Centres:**
1 x \$100 gift certificate
- **Halifax Bike Week:**
2 x Basic bike tune ups from MEC. ARV: \$130.00

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Andy Murray celebrated his 29th birthday by beating Novak Djokovic on clay for the first time to win the Italian Open title on a rainy day in Rome

metro SPORTS

Hurricanes kick it into high gear

NBL CANADA

Halifax wins two straight over Atlantic rival Mill Rats



Kristen Lipscombe
Metro | Halifax

The Canes may be on the road to claiming Atlantic bragging rights, but there's "a lot of work to do" before they get there.

The Halifax Hurricanes dropped the Saint John Mill Rats 117-89 on Sunday evening, for their second straight win over their division rivals in as many days, this time in front of 1,502 fans at the Scotiabank Centre.

The Hurricanes won the series opener 130-86 on Saturday night and are now out in front 2-0 in the best-of-seven playoff series.

"We're not satisfied," Hurricanes power forward Mike Glover said after putting up 14 points and pulling down 11 rebounds.

"We still have a lot of work to do until we win four games," he said. "Until then, we're not done with the job."

The Canes advanced to Round 2 after sweeping the Charlotte-based Island Storm



Hurricanes forward Billy White snatches the ball from Mill Rats power forward Gabe Freeman during NBL Canada playoff action Sunday evening at the Scotiabank Centre. JEFF HARPER/METRO

in three straight games, while the Mill Rats ousted the Moncton Miracles 3-1 in the opening round.

Halifax finished first overall in the league with a 29-11 record, while the 25-15 Mill Rats claimed second.

On Sunday, the Canes again took an early lead, with the scoreboard reading 27-16 after the first quarter and were still ahead 48-37 at halftime.

Halifax held on through the second half for another commanding win.

Gibson led all players in scoring with 29 points on 6-of-10 shooting from downtown.

Forward Billy White had 14 for the Canes, while point guard Cliff Clinkscales added 13 points and 14 assists.

"It feels amazing, but the job is not done," White said, echoing his teammate's sentiments. "We still have a long series; I'm just glad we took care of home-court advantage."

For the Mill Rats, power forward Gabe Freeman returned from his suspension to put up 21 points and pull down seven rebounds, while forward Olu Famutimi notched 17 points and grabbed seven rebounds.

"We're moving the ball and playing defence," White said of

Halifax's performance. "We're sharing the ball ... (and) making great shots."

"We've got to take care of more business next week," White said of Games 3 and 4 on the road next weekend.

Glover agreed the Hurricanes have worked hard to keep the opposition's numbers low, while keeping their own energy levels high.

"Next week at Saint John, we know it's going to be another war," he said.

If the Canes claim the Atlantic Division title they'll get another chance at their ultimate goal, an NBL Canada championship.

D-Bo and K-Low finally KO Heat

RAPTORS
TORONTO WINS SERIES

GAME 7 In Toronto



The Toronto Raptors have made history.

And now they head into uncharted territory — the Eastern Conference finals for the first time in 21 years.

Raptors all-stars Kyle Lowry and DeMar DeRozan combined for 63 points in a thorough 116-89 dismantling of the Miami Heat in Sunday's thrilling do-or-die Game 7 of their conference semifinal.

Lowry had 35 points while DeRozan chipped in with 28, playing with the heart and hustle Raptors fans had seen so many times in Toronto's 56-win regular season. And they got plenty of help, as Bismack Biyombo had 16 rebounds to go with 17 points,

DeMarre Carroll chipped in with 14 points, and Patrick Patterson had 11 points and 11 boards.

Dwyane Wade and Goran Dragic scored 16 points apiece for Miami.

In a fierce back-and-forth series that saw three overtime games, and a slew of injuries, Sunday's thrilling finale saw the Raptors lead most of the way.

THE CANADIAN PRESS

IN BRIEF

Flipping mad ending to Jays-Rangers series in Texas

A feud simmering since Jose Bautista's bat flip in last year's AL division series boiled over into a wild brawl in the final game of the season between Toronto and Texas, a 7-6 victory for the Rangers on Sunday. Bautista and Texas second baseman Rougned Odor got into a fistfight behind the bag after a hard slide by the Toronto slugger in the eighth inning. Players from both teams rushed the field as Odor landed a punch to Bautista's face.

THE ASSOCIATED PRESS

Day puts stamp on No. 1 ranking at TPC Sawgrass

The best field in golf was no match for Jason Day at The Players Championship in Ponte Vedra Beach, Fla.

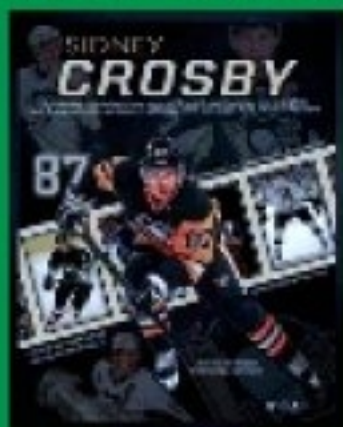
Day caused only a little drama Sunday in what otherwise felt more like another coronation for the 28-year-old Australian. He led by at least two shots the entire round, played bogey-free again on the back nine at the TPC Sawgrass and closed with a 1-under 71 to win \$1.89 million from the \$10.5 million purse.

THE ASSOCIATED PRESS

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Backup goaltender has Bolts' confidence

NHL PLAYOFFS

Lightning take series lead over Pens after injury to Bishop

Ben Bishop's mind raced as the Tampa Bay Lightning goalie writhed in pain on the ice after awkwardly twisting his left leg in Game 1 of the Eastern Conference final Friday night.

The internal "what ifs" ran the gamut. What if the leg was broken? What if his season over?

"It's funny how much you can think about in such a short amount of time," Bishop said Sunday.

The one thought that didn't even occur to Bishop was whether 21-year-old backup Andrei Vasilevskiy could step in and do the job.

"I think the guys in the room, I know myself, we have full con-



Goalie Ben Bishop writhes in pain during Tampa Bay's 3-1 win in Pittsburgh on Friday night. JUSTIN K. ALLER/GETTY IMAGES

fidence in him," Bishop said. "He's a great young goalie. He's got a future."

Pressed into his first extended playing time in more than a month, Vasilevskiy turned aside 25 of the 26 shots he faced, aided by a defence that did an excellent

job of pushing Pittsburgh's potent offence to the perimeter and keeping Sidney Crosby and company from generating consistent pressure in front of the net.

Filling in capably has kind of become a thing for Vasilevskiy, who stepped in for an injured

UP IN THE AIR

While Bishop's leg is structurally intact, it is uncertain if he will return for Game 2 against Pittsburgh on Monday or if he'll be back at all during the playoffs.

Bishop in Game 2 of the 2015 Stanley Cup Final and became the first goaltender to earn a win in relief during a Cup Final in more than 80 years. Vasilevskiy started Game 4 of the series and played solidly in a 2-1 loss.

"Talk about pushing somebody a little bit down the learning curve a little faster than we wanted to," Tampa Bay coach Jon Cooper said. "But there's clichés thrown around all the time, guys who are first in the rink and last to leave and all those types of things, but with that kid, it's actually true." THE ASSOCIATED PRESS



A bomb-sniffing dog works on the side of the pitch at Old Trafford on Sunday. OLI SCARFF/AFP/GETTY IMAGES

PREMIER LEAGUE

Old Trafford cleared over bomb scare

A fake bomb left behind during a security exercise led police to evacuate Manchester United's home stadium on Sunday, disrupting the final day of the English Premier League season and bringing embarrassment to one of the world's best-known sports teams.

Police initially described the device as "incredibly lifelike" as United's planned match with Bournemouth was cancelled, to boos from some fans, and a

controlled explosion was carried out.

But hours later, bomb technicians reported it was a fake. And a later statement by police said the device had been inadvertently left in a toilet during an earlier training exercise involving sniffer dogs.

The Premier League has rescheduled the match for Tuesday. United said it was investigating the incident.

THE ASSOCIATED PRESS

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RECIPE Fresh Tomato Spaghetti



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

The longest part of this recipe is waiting for you pasta water to boil. In minutes you'll be eating this light, fresh spring pasta.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients

- 2 cups fresh tomatoes, washed and chopped
- 1 head of arugula, washed and rough chopped
- 2 cloves garlic, minced
- 1/4 cup olive oil
- 3 Tbsp red wine vinegar
- 500 gram package of whole wheat spaghetti
- salt and pepper to taste

Directions

1. Put a big pot of well salted water on to boil. In a saute pan, bring the olive oil to low medium

heat. Add minced garlic and allow to cook but not brown. Remove pan from heat.

2. Place your spaghetti noodles in the boiling water and cook as long as the package instructions dictate. Scoop out a cup of water out of the pot before draining - this is a good habit to get into. The starchy water is a great way to loosen up a too-thick sauce, plus it adds a certain slickness to your pastas. Drain your noodles well before tossing them back in the pot.

3. Add the garlic-infused oil and vinegar and toss well until all of the spaghetti is well coated. Now add your tomatoes and toss again. Throw in the arugula and give it another good mix so there are pieces of green throughout. Season with salt and pepper.

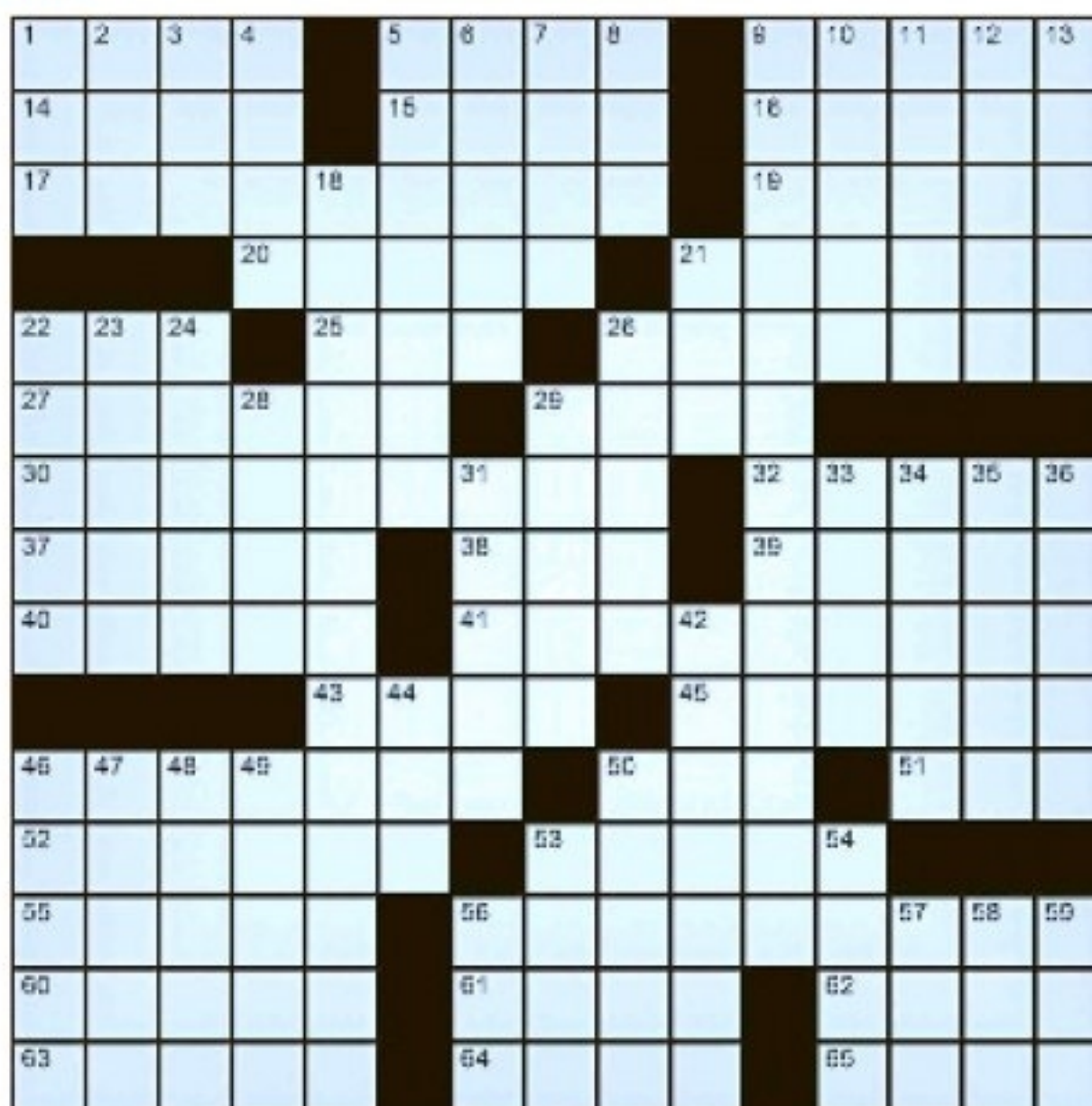
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Roger, __ and out."
5. Let it stand, in proofreading
9. Does this pre-blood test
14. Throw __ loop
15. Samovars
16. " __ favour, say 'Aye'."
17. Earlier-in-time movie scene
19. Greatly gaze
20. "When a Man Loves a Woman" by __ Sledge
21. Electric __ (Beard trimmer)
22. Cleopatra's snake
25. Thumbs-up meaning
26. Most just
27. "Toxic" by Britney __
29. Ti-Cat's foe on the football field
30. DJ's instrument
32. Bite into, puppy-style: 2 wds.
37. Gives off
38. 'Ballad' suffix
39. Concealed
40. "The Beachcombers" character
41. Chant for music-making monks
43. "Get Down __" by Kool & The Gang
45. Melanie's portrayer in "Gone with the Wind" (1939)
46. Posh hairstyle
50. Athlete's injury scan, commonly
51. Friends to Hmms and Ums
52. Confines
53. Period __ (Historic flick)
55. Computer company
56. Canadian world music guitarist: 2 wds.
60. Jan __ (Dutch painter)
61. Russian city
62. "Home of the



toric flick)
55. Computer company
56. Canadian world music guitarist: 2 wds.
60. Jan __ (Dutch painter)
61. Russian city
62. "Home of the

Bisons' sch. in Winnipeg. __ __
63. "The Planets" composer Gustav
64. Quasi
65. Bldg. rental units

DOWN

1. Sour
2. Li'l loudness
3. 'E' of BCE
4. Vex the vocalist's vocals
5. Secretly, in Latin: 2 wds.
6. Music selection on a record

7. 'Consist' suffix
8. "For shame!"
9. Critiques-of-celebrity-styles show on E!: 2 wds.
10. Chapel area
11. " __ to Love" by Bryan Ferry
12. Loses steam
13. Hagar the Hor-

rible's dog
18. Satisfyingly happy sounding Newfoundland town: 2 wds.
21. Droop
22. Michael-mas daisy
23. Sea foam
24. Hazard
26. Soeur's brother
28. Opposing
29. Warning signal
31. Set about
33. Yesterday, in Italy
34. Couture collection, Armani __
35. Irish tune: "Robin __"
36. Salmon's canned store shelf neighbours
42. Port Perry, Ontario born co-host of #9-Down, Brad __
44. Headshakes
46. " __ of the Titans" (2010) starring Liam Neeson
47. " __ Be Square" by Huey Lewis & The News
48. Press onward
49. 1966 John Barth novel, __ Goat-Boy
50. Bette Midler, The Divine __
53. Mere's man
54. Quito is its cap.
56. __ Louis (Canadian cakes-in-a-box brand)
57. Basketball play, Alley-__
58. Commonly, curly
59. Cdn. driving measures

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Loved ones and partners will be more important than usual today, because they give you a feeling of security and support. Right now, this is what you need.

Taurus April 21 - May 21
Today you might have health issues or be concerned about your health. When working with others, don't play the martyr game. Stick up for yourself.

Gemini May 22 - June 21
Relations with females will improve today. Personally, you will find it difficult to conceal your feelings from others; however, don't worry about it. We all have feelings.

Cancer June 22 - July 23
You might enjoy being by yourself today or cocooning at home, because you feel a need for privacy. Something might happen that makes you see how much your habits control your life.

Leo July 24 - Aug. 23
Today you want to talk to people at a real gut level. You don't want to spend time in superficial conversation talking about the weather.

Virgo Aug. 24 - Sept. 23
Earnings, cash flow and your possessions will be your focus today. In fact, it will please you to be surrounded by familiar objects from your past. You might want to clean or repair them.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional and subjective. Your concerns are about yourself, and this is just fine.

Scorpio Oct. 24 - Nov. 22
You will be tempted to withdraw from others today because you feel the need for privacy. Indeed, this is a good day to be alone so that you can get a better handle on your life.

Sagittarius Nov. 23 - Dec. 21
Friendships are important to you today. You might feel protective about a friend, even jealous. It's also a good day to examine your goals.

Capricorn Dec. 22 - Jan. 20
For some reason, aspects of your personal life might be put on public display today, or you might find it difficult to hide things about yourself.

Aquarius Jan. 21 - Feb. 19
Do something different today, because you have an urge for adventure. Break free from your daily routine. Go someplace you've never been before.

Pisces Feb. 20 - March 20
Your emotional experiences are more intense than usual today. However, don't worry about this. It's just the Moon passing through a certain part of your chart.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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1	6	4	2	3	7	9	8	5
7	3	5	8	9	6	4	1	2
9	2	8	5	4	1	6	7	3
3	1	9	4	7	5	2	6	8
5	8	2	6	1	3	7	9	4
4	7	6	9	2	8	3	5	1
8	5	7	3	6	2	1	4	9
2	4	1	7	5	9	8	3	6
6	9	3	1	8	4	5	2	7

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